

# DISASTER SUPPLIES KIT

**What you Should Have in Case of an Emergency** (any season can bring disaster from winter storms or summer heat waves)

■ **Water** - Each person's need for drinking water varies, depending on age, physical condition, and time of year. The average person needs one gallon of water per day, for drinking and sanitation. Store in airtight containers and replace every two months.



■ **Food** - Supplies should include enough non-perishables, high energy foods to feed you and your family for up to 3 days. Select foods that require no refrigeration, preparation or cooking and little or no water. Pack a manual can opener and eating utensils. Examples include whole dry milk, canned fruit juices, dry cereals, bread and crackers, peanut butter, granola bars or cookies and canned meats. Place paper or waxed packages in a watertight container and keep dry.



■ **Supplies and Equipment** - Keep the following items in one place so that you can get to them easily:

- Flashlights with extra batteries
- Blankets and sleeping bags
- Paper plates and utensils, including bottle and can openers
- Toilet articles and sanitary needs
- First aid kit
- Wrench or pliers to turn off utilities
- Emergency phone numbers
- Garbage bags and plastic ties
- One complete change of warm clothing and shoes per person



■ **Medicines** - It is very important to keep an adequate supply of any medicines you take. If you are stranded in your home or asked to go to a public shelter, you should take your medicine with you.



■ **Pet Supplies** - It is very important to remember the needs of your pet when planning your family emergency needs.



For more information:  
[www.ready.gov/get\\_a\\_kit.html](http://www.ready.gov/get_a_kit.html)

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